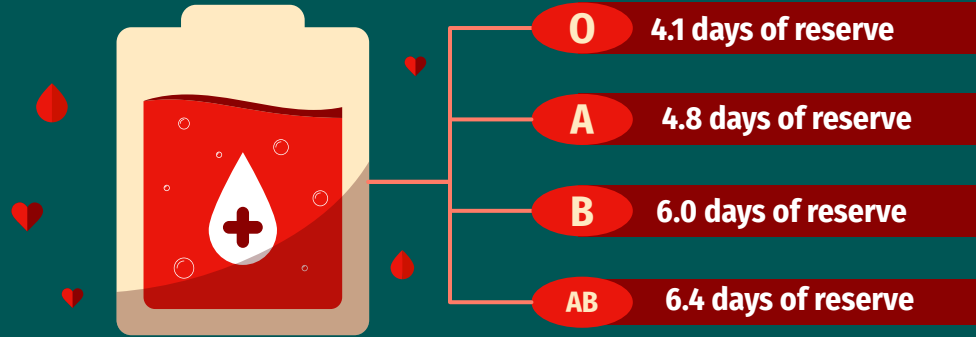


# Blood Donation Initiative

*Save Lives - Others, Ours, Yours*  
NLCS x Korean Red Cross



# We are always in need of Donations !



- We never know when we may find ourselves in a situation where we will receive a blood transfusion. Donating blood when you are healthy is an act of saving the lives of others, ours, yours,
- Donated blood cannot be stored for a long period of time (35 days for concentrated red blood cells, 5 days for platelets). Therefore, for a continuous blood supply, steady blood donation from donors is necessary.
- It is the most ideal to have a at least 5 days of reserve for each blood type.
- Only 0.3~0.5% ok the Korean population make up the Rh<sup>+/-</sup> blood type
  - Those with uncommon blood type can register to be part of the Blood Information Sharing System (BISS) which helps to locate source for transfusion during emergency.

# Checking for eligibility

## Step 1. Check Donor Eligibility for Foreign Donors



Foreigners who have **lived in Korea for more than 1 year** from the date when they applied for blood donation (excluding the periods of traveling abroad)

If whose traveling periods exceed 90 days in a year, the foreigners would be deferred to donate blood for 1 year from the final arrival date to Korea. (If the periods are not consecutive, they are added up.)



Foreigners who can **communicate in Korean** or those who can **get interpretation service** by a third - party

The third - party indicates the Korean Red Cross Blood Services employees or supporters.



Foreigners who have **ID cards** such as alien registration card(residence card), domestic residence card, Korean drivers license, etc., **which can verify residency in Korea**

For more details about valid ID cards, please visit [www.bloodinfo.net](http://www.bloodinfo.net).

## \* Blood Donation Criteria and Precautions

Criteria \ Type	Whole blood		Apheresis		
	400ml	320ml	Plasma	Platelets	Plasma Platelets
Age	17~69	16~69	17~69	17~59	
Weight	Both over 50kg		Male : over 50kg / Female : over 45kg		
Time duration	20 minutes		30~40 minutes	1~1.5 hours	
Period until next donation	8 weeks		2 weeks		

Individuals aged 65 or older are eligible if they have a donation history between age 60 to 64

- There are countries you are unable to donate blood for a certain period of time, regarding malaria and variant Creutzfeldt-Jakob disease risks. For more details, check the files uploaded on the website.
- For an accurate interview, please check your overseas travel history.
- Before the day of donation, avoid drinking and take more than 4 hours of sleep.
- After donation, you can get some snacks and a souvenir (e.g., charity voucher, gift card).

# Blood Donation Restrictions

## ● Geographic deferral related to variant Creutzfeldt-Jakob disease (vCJD)

Regions		Countries	Period	Period of residence or stay
Europe	UK	<ul style="list-style-type: none"> <li>• Isle of Man • North Ireland • Scotland • Wales</li> <li>• England • Gibraltar • Channel Islands</li> <li>• Falkland Islands</li> </ul>	1980 – 1996	<b>1 month or more</b>
			1997 – Present	<b>3 months or more</b>
	France	<ul style="list-style-type: none"> <li>• France</li> </ul>	1980 – Present	<b>5 years or more</b>
Other European countries	Countries with reported cases of mad cow disease (BSE)	<ul style="list-style-type: none"> <li>• Greece • Netherlands • Denmark • Germany</li> <li>• Luxembourg • Liechtenstein • Belgium • Slovakia</li> <li>• Slovenia • Switzerland • Spain • Ireland • Austria</li> <li>• Italy • Czech • Portugal • Poland • Finland</li> </ul>	1980 – Present	<b>5 years or more</b>
	Countries with high risk	<ul style="list-style-type: none"> <li>• Norway • Rumania • Monaco • Malta • Vatican</li> <li>• The Republic of Northern Macedonia • Bulgaria</li> <li>• Bosnia-Herzegovina • San Marino • Sweden</li> <li>• Iceland • Andorra • Albania • Croatia • Hungary</li> <li>• Yugoslavia (Serbia, Montenegro) • Kosovo</li> </ul>	1980 – Present	<b>5 years or more</b>

Variant Creutzfeldt-Jakob disease (aka variant CDJ) is a disease that has been popular in Europe and elsewhere since the end of the 20th century. South Korea strictly regulates the blood donation standards to prevent the spread of variant CJD has occurred for a certain period of time are prohibited from donation blood.

# Blood Donation Restrictions

## List of infectious diseases

\* Classification of infectious pathogen risks through transfusions (3.23.2011)

Deferral period (After completing treatment)	Disease
Permanent deferral	Leishmaniasis, Babesiosis, Chagas disease, Q fever, Creutzfeldt Jakob disease (CJD) and variant Creutzfeldt Jakob disease (vCJD), Hansen disease, Acquired Immune Deficiency Syndrome (AIDS), Hepatitis C, Chronic hepatitis B, toxoplasmosis
3 years	Malaria
2 years	Brucellosis
1 years	Venereal Disease (syphilis, genital herpes, chancroid, gonorrhea, condyloma acuminata, chlamydia), Acute hepatitis B, Hepatitis A
6 months	Dengue fever, West Nile fever, ZIKA Virus Infection, Chikungunya fever
5 months	Hydatidosis
4 months	Filariasis
3 months	Gnathostomiasis, Severe Acute Respiratory Syndrome (SARS)
2 months	Angiostrongyliasis
1 month	Tuberculosis, Hydrophobia, Smallpox, Diphtheria, Lassa fever, Lyme disease, Legionellosis, Leptospirosis, Marburg fever, Viral hemorrhagic fever, Eruptive fever, Typhus, Pertussis, Botulism, Vibrio sepsis, Scarlet fever, Shigellosis, Chicken pox, Meningococcal meningitis, Hand-foot-mouth disease, Pandemic influenza, HFRS (epidemic hemorrhagic fever), African trypanosomiasis, Ebola fever, Enterovirus Infection, Francisella tularensis (Tularemia), Melioidosis, Mumps, Influenza, Japanese encephalitis, Enterohemorrhagic Escherichia coli, Typhoid, Avian influenza human infection, Schistosomiasis, Tick-borne encephalitis, Tsutsugamushi disease, Cholera, Anthrax, Paratyphoid, Tetanus, Pest, Polio, Rubella, Measles, Yellow fever
By the end of the treatment	Liver distomiasis, Acute respiratory infection, MRPA infection, MRAB infection, Dracunculosis, MRSA infection, VRE infection, VRSA infection, Pinworm infection, Gastrointestinal Infection, Intestinal trematodes, CRE infection, Trichuriasis, Paragonimiasis, Ascarid[di]asis



# Malaria risk countries by continent

You are not eligible to donate whole blood or platelets for a certain period of time if you have stayed in one of the following countries.

- **Not eligible for 3 years**, if you have stayed for more than 6 months in a year.
- **Not eligible for 1 year**, after returning from a trip for less than 6 months.

However, **you are still eligible for plasma donation**.

Source: US Centers for Disease Control and Prevention(07.01.2021)

America		Africa		Asia/Oceania	
All regions	Some regions	All regions	Some regions	All regions	Some regions
Guyana Dominican Republic Haiti (Labadee Port)	Guatemala, Nicaragua Mexico, Venezuela Belize, Bolivia, Brazil Suriname, Ecuador (including the Galapagos Islands) EL Salvador, Honduras Costa Rica, Colombia Panama, Peru French Guiana	Ghana, Gabon, Gambia Guinea, Guinea-Bissau Nigeria, South Sudan Niger, Liberia, Rwanda Madagascar Mayotte (French) Malawi, Mali Mozambique, Benin Burundi, Burkina Faso Sao Tome and Principe Senegal, Western Sahara Somalia, Sudan Sierra Leone, Angola Uganda, Zambia Equatorial Guinea Central African Republic Djibouti, Zimbabwe Republic of Chad Cameroon, Comoros Republic of Cote d'Ivoire Republic of the Congo (Brazzaville) Democratic Republic of the Congo (Kinshasa) Togo	Namibia Republic of South Africa, Mauritania Botswana Eswatini(Swaziland) Eritrea Ethiopia Cape Verde Kenya Tanzania	Democratic Republic of Timor-Leste Vanuatu Burma (Myanmar) Solomon Islands Tajikistan	Nepal, Laos Malaysia Bangladesh Vietnam Bhutan Saudi Arabia Afghanistan Yemen Oman Iran, India Indonesia China Cambodia Thailand Pakistan Papua Ne Guinea Philippine

**Malaria is an infectious disease caused by parasites in red blood cells. South Korea strictly observes blood donation standards to prevent the spread of Malaria. People who have lived in areas where malaria is popular for a certain period of time are restricted from donating blood. Please check the list of countries to check if you are eligible for donating blood.**

# What to expect : Before, During, After donating blood

## Before

You are eligible to donate blood if you are:

- 16 years old or older, 50kg for male (45kg for female)
- Have no anemia
- Those who are currently not on medication
- Those who have an ID (Resident registration card, passport, etc.)
- Those who have ate breakfast and slept for more than 4 hours the day before donating blood.
- One month has passed since returning to Korea from overseas travel.



## During

Measurement of blood pressure, pulse, and body temperature, blood type test, platelet concentration test will be done on the day by taking a drop of your blood sample. The test are done for the donors and the recipients' safety.

## After

- Avoid extreme workouts, lifting heavy objects or doing strenuous physical activities
- Avoid sauna or other water activities though showering is fine.